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### Cutlines for two photos with Osteopor.RL

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*NEWS TO USE*

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July 23, 1998

**CUTLINES FOR TWO PHOTOS WITH OSTEOPOR.RL  
MISSOULA--**

**Squat demonstration:**

Jane Edlund, fitness coordinator for The University of Montana and Missoula's St. Patrick Hospital, performs the squat, dropping no lower than 90 degrees and making sure that the knees are directly over the ankle.

**Crunch demonstration:**

Demonstrating a type of "crunch" exercise, Jane Edlund, fitness coordinator for The University of Montana and Missoula's St. Patrick Hospital, shows how to strengthen the lower abdominal muscles by bringing the hips toward the ribs.

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TB

Billings Gazette, Great Falls Tribune, Missoulian  
Osteopor.cut